Fun Ways to Breathe Deeply

Take a deep breath and blow!

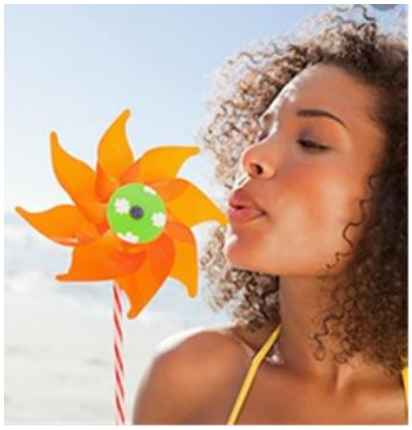
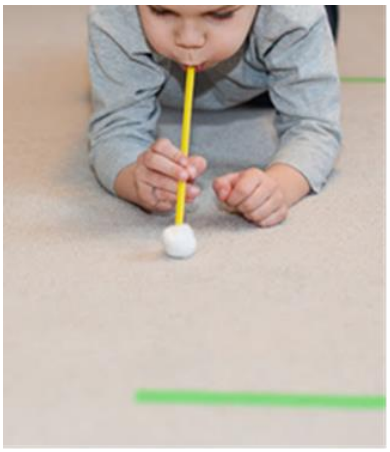
	Blow out candle
	Blow bubbles
	Blow pin wheel
 Image from: https://www.andnextcomesl.com/2016/01/snowball-oral-motor-sensory-games.html	Suck/blow cotton balls with a straw Blow them across a line Into a box Through a goal To a friend

 Image from: https://abcdoes.com/	Suck/blow ping pong balls with a straw Across the table Through a goal Into a box To a friend
	Blow Dragon fly whistles
	Blow Whistles